

# Evaluating Long-term Outcomes of NHS Stop Smoking Services (ELONS): a prospective cohort study

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**Declared competing interests of authors:** Dr Shahab has received grants and honoraria from Pfizer, a manufacturer of smoking cessation products. In the last 3 years, Professor Aveyard has received a consultancy fee for 1 day of consultancy with Pfizer, a manufacturer of smoking cessation products. Professor Coleman was paid an honorarium and travel expenses for speaking at Paris Smoking Cessation Practitioners' Conference in January 2014. He was also reimbursed for attending two expert meetings hosted by Pierre Fabre Laboratories (PFL, France), a company that manufactures nicotine replacement therapy (2008 and 2012). Dr McRobbie has received research grants, honoraria and travel expenses from Pfizer and Johnson & Johnson, manufacturers of smoking cessation products. Dr McEwen is a trustee and board member for Action on Smoking and Health (ASH), but received no financial reimbursement for this. He has received travel funding, honorariums and consultancy payments from manufacturers of smoking cessation products (Pfizer Ltd, Novartis UK and GlaxoSmithKline Consumer Healthcare Ltd) and hospitality from North 51 that provide online and database services. He also has a shared patent on a novel nicotine device but has received no payment for, or relating to, this patent.

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## Plain English summary

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# Plain English summary

## What was the problem/question?

The UK Stop Smoking Services (SSSs) have provided free treatment for smokers who would like to stop since 1999. The last major evaluation of English services took place from 2000–4 and since that time the services have undergone many changes. Thus, a new evaluation was appropriate.

## What did we do?

This study involved routine data from 49 of 150 English SSSs and a study of long-term outcomes of service clients in nine areas of England.

## What did we find?

Routinely collected 4-week follow-up data revealed that 34% clients reported that they had quit and had a consistent breath test result. Services were reaching up to 10% of smokers in their area.

At 1 year, 8% of the 3057 clients who took part in the long-term study stated that they had remained quit and had a supporting breath test. Clients who received specialist one-to-one support were twice as likely to quit and those who attended groups were three times more likely to stop than those seen by general practitioner practice and pharmacy staff. Of the 996 clients who responded to a satisfaction survey, 87% were satisfied or very satisfied.

## What does this mean?

If the 1-year quit rates from this study are applied to all of England, we estimate that in the year 2012–13 the services supported 36,249 clients to become non-smokers for the rest of their lives. Thus, SSSs make a valuable and valued contribution to tobacco control.



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